

## BRIGHTON COMPETITION TEAM

### HANDBOOK 2005

Welcome to the Brighton Competition Team. We are glad that you have chosen to become a member, or to continue as a member, of this organization. We look forward to a season of fun and success for everyone involved.

This handbook was designed with you, the team member and parent, in and, to assist you in understanding what you can expect from the foundation and the team, and what is expected from you as the team member and parent.

This handbook will provide general rules and expectations, disciplinary guidelines, and team roster and schedules, as well as coach and board member information.

Please take the time to read and review this handbook, as you will find it useful information as the season progresses.

Again, welcome and look forward to a season of fun!!

YOUR BOARD MEMBERS:

Chairman:	Scott Murphy
Treasurer:	Steve Shenk
Other Members:	Cam Smith
	Dave Duzy
	Garrett Wilson
	Chuck Hansen
	John Milano
Team Administrator	Becky Stone (Non Voting)

Please feel free to contact any of the Board Members for any concerns, issues, problems, suggestions or praises. All communication is welcomed and encouraged.

COACHES:

All coaches are USSA certified and are there to help you succeed as a competitor. Your coach will be responsible not only in helping you succeed but also for assuring that you are safe at all times and having fun. In order to allow for this, your coach will have complete authority to discipline any team member in a reasonable manner and as outlined in the disciplinary section of this handbook.

Please feel free to openly communicate with your coach; they cannot help you if they do not know your needs. Parents are also welcome to communicate with the coaches; however, we ask that you do so during the lunch break or at the end of the day. When parents are trying to communicate during other times, it causes confusion and lack of attention needed for team members.

#### MISSION STATEMENT:

The goal of the Brighton Competition Team is to help develop each athlete's personal character and athletic skills to better their skiing/snowboarding and competition abilities.

#### PROGRAM PHILOSOPHY:

The philosophy of the Brighton Competition Team is to provide a program where each athlete can aspire to and ultimately reach his or her personal goals. It is the commitment and dedication of each staff member to teach our athletes how to become more independent; this ultimately allows the athlete to use his or her own best judgment.

#### PROGRAM GOALS AND OBJECTIVES:

1. Create and maintain a model skill development program.
2. Provide a structured program so that each individual can reach his or her personal goals.
3. Maintain a close working relationship with local merchants and the ski/snowboard industry to promote the sport of skiing and snowboarding to benefit everyone.
4. Administer and promote a technical program to develop and train skiers and snowboarders as a means to achieve overall physical fitness and a healthy way of life.
5. Emphasize the importance of scholastic achievement and the pursuit of higher education while participating in the sport of snowboarding and skiing.
6. Promote and execute an educational program, which teaches each athlete mountain responsibility, technique, tactic, and sportsmanship.
7. Create and maintain an open communication atmosphere to help each athlete learn more about relationship and communication skills, while boosting their self-confidence.

#### BRIGHTON COMPETITION TEAM "ATHLETE CODE OF CONDUCT"

1. All Athletes are subject to the rules of the FIS and the USSA (see current USSA competition handbook).
2. Athletes shall conduct themselves in an orderly, courteous manner while in public or at competitions.
3. Respect the rules and employees of ski areas, for training and competitions.  
If stopped by patrol, a lift attendant or if in conflict with another skier/snowboarder, accept their point of view and follow their instructions with no argument. They may not always be right, but we are their guests. Period. Notify your coach of the circumstances as soon as possible.
4. Never jeopardize the safety of yourself or others.
5. Good sportsmanship should always be observed during training and competitions.

6. Show respect to coaching staff, race event volunteers and teammates (i.e.: no talking back or back-lashing).
7. No use of profane or abusive language.
8. No use of alcohol, tobacco or illegal drugs.
9. Follow the instructions of the coaching staff for training and competitions.
10. Put fourth your best efforts during training and competitions.
11. All team members have the inherent right to learn. No one is allowed to interfere with or prevent others from learning.
12. All athletes must keep a minimum of a "C" grade in all academic classes. If their grades fall below this standard, they will be suspended from the team until the grad(s) in question have been brought up to par.
13. All athletes shall keep the communication doors open to the coaching staff. Any problems that may affect their skiing/snowboarding are especially of concern to the coaches.

\*\*\*\*\*This code of conduct is a disciplinary guide for the members of the Brighton Competition Team. Members who willfully violate this code stand subject to suspension or dismissal from the team.

#### Sportsman's code of Ethics

1. Show support of teammates and all skiers and snowboarders.
2. Ski or snowboard with and help less experienced teammates or friends.
3. Display good conduct.
4. Be polite to the public.
5. Assist fallen skiers/snowboarders.
6. Obey lift line rules.
7. Pick up trash around lifts and resort areas.
8. Bus your own lunch table.
9. Snowboard or Ski "with the flow" in crowded areas.
10. Put skis/snowboards up on the racks, and keep area clean.

#### BRIGHTON SKI AREA RULES AND POLICIES:

The Brighton Competition Team really appreciates being a part of Brighton Ski Resort. We have a good relationship with the Resort and we will do everything possible to promote goodwill and cooperation between us.

There are various rules of Brighton Ski Resort. Violations of which may result in disciplinary action such as loss of pass, suspension from team activities, or dismissal from the Brighton Competition Team. Violations include, but are not restricted to:

1. Skiing/snowboarding in a closed area.
2. Skiing/snowboarding in an avalanche closure.
3. Collision.
4. Reckless skiing/snowboarding.
5. Profanity or disorderly conduct.
6. Fast skiing/snowboarding in slow skiing/snowboarding areas.
7. Unloading from moving lifts at any area not designated as such (i.e.: jumping from the chair).

8. Unauthorized line cutting.
9. Misuse or fraudulent use of tickets or passes.
10. Use of alcohol and drugs.

#### PARENTS RESPONSIBILITY:

1. Support your athlete with all financial obligations associated with competition, or act as a guide and means for the athlete to do so.
2. Cover the athlete with adequate health protection.
3. Maintain a current SU competition license and keep registration fees up to date.
4. Become involved as a volunteer at competition events.
5. Provide transportation to and from training and competitions, when necessary.
6. Lend moral support to your athlete during training and the competition season.
7. Communicate any information you receive about your athlete, questions and/or constructive criticism to the coaching staff.
8. Monitor your athlete's academic, health and energy level.
9. Set up your seasonal budget for competition, training, and travel expenditures.
10. Relax and have a good time!!

#### DAILY TRAINING RULES:

Every participating athlete of the Brighton Competition Team agrees to:

1. **Be on time** for designated training sessions, competitions and team activities. Be prepared for scheduled events/training.
2. Notify the coaching staff or call the team office if unable to attend scheduled activities.
3. Wear appropriate clothing for the weather conditions. Be prepared for changing conditions and keep clothing clean.
4. Maintain personal ski/snowboard equipment on a regular basis to insure personal safety and optimal performance.
5. Observe resort area rules
6. Inspect all training courses, and slip after training.
7. **Helmets** and **goggles** are required for all training – no exceptions.

#### TRAVEL RULES, POLICIES AND PROCEDURES:

1. Be on time for all departures.
2. Have skis/snowboards waxed and ready to compete on prior to departure.
3. Submit all entry fees to the team office 3 days prior to departure/competition day.
4. Obey all curfew times set by coaches when away from home.
5. Travel and lodge with Brighton Team coaches when going to out-of-town races, unless otherwise approved and prearranged with the coaches.
6. Be responsible for notifying parents of time returning from any trip.

7. Be financially responsible for any damages that may result to vehicles or facilities.
8. Use cash or travelers checks for trip expenses.
9. Remember, the Athlete Code of Conduct still applies!
10. See coaches for arrival times and competition dates.

#### YOUR RESPONSIBILITY CODE:

1. Ski/Snowboard under control at all times.
2. Avoid the skier/snowboarder below you.
3. Do not stop where you obstruct a trail or are not visible to other skiers/snowboarders.
4. Yield to other skiers/snowboarders when entering a trail or starting downhill.
5. All skiers must have brakes on their skis. All snowboarders must have a leash attached to their board and their leg.
6. Keep off all closed trails and obey all posted signs.
7. If you see an accident, please notify the Patrol or a lift operator.
8. If you are tired or cold, stop and rest for a while.

#### TEAM INVOLVEMENT BENEFITS:

- Professional coaching staff
- Team funding support to all athletes from fund-raising events
- Discount on Brighton Ski Area season pass for all Team members
- Discount of 50% on Brighton Ski Resort's Seasonal Lockers
- Regular communications via newsletters and email
- Training activities – preseason and on snow
- Modern training equipment – video analysis, current training methods, etc...
- Equipment support – selections, discounts, sponsorships, etc..
- Clothing discounts
- USSA liaisons and committee representation
- Athlete management for proper individual scheduling
- Travel support – coordination of entries, accommodations, transportation, lodging discounts.

## PRACTICE SCHEDULE:

Dryland practice will be held on Wednesday's this season. At the beginning of December, when Brighton opens for night training, practices will be held on Thursdays and Saturdays. Please meet at the A-Frame at Brighton and be on time.

## A Frame Use:

The A Frame is to be used for warm-up breaks, meetings, and indoor training only. The coaches will schedule these times in advance. Please be sure that you are not just "hanging out" in it. No lunches will be eaten in the A Frame. Only team members may store bags, equipment or lunches in the A Frame. It is much too small to accommodate family member's stuff.

## DISCIPLINARY STEPS

Your coach is responsible for assuring your safety, as well as teaching you the skills for competition. In order to do so, it may become necessary to provide discipline for behaviors that are not acceptable on the Brighton Competition Team.

The following are simple guidelines that the coaches may use in disciplining a team member. We hope that this does not become necessary but are aware that children need limits as well as praise.

### Major Violations:

- Any violation involving drugs/alcohol
- Any violation involving theft, vandalism or assault
- Any action resulting in arrest

### Minor Violations:

- Any violation that is not a major violation

### Disciplinary guidelines for Major Violations:

Board meeting with coach, athlete and parents to determine disciplinary measure, may result in being off the team for the rest of the season. Please see \*\* below.

Any athlete, who is disciplined and feels that it is unfairly justified, may talk with the Program Director, who will be responsible for further investigation and resolution. The Program Director's decision then becomes final.

\*\*Any athlete who is disciplined to the extent of being suspended from more than one competition or who is expelled shall be entitled to appeal by the Board. The decision of the Program Director can only be set aside by a vote of two-thirds of the Trustees of the Corporation voting at a regular meeting and noticed to consider such appeal.